

# Tropical Times

*Serving the Footprint of Freedom*



Volume 16, Number 21

U.S. Navy Support Facility, Diego Garcia, B.I.O.T.

May 26, 2006



# Memorial Day Message

## Prayer for Peace, Memorial Day, 2006

### A Proclamation by the President of the United States of America

Throughout our history, the men and women who have worn the uniform of the United States have placed the security of our Nation before their own safety. America will be forever grateful for their service and sacrifice. On Memorial Day, we honor those who have paid the ultimate price for our freedom.

Defending the ideals of our Nation has required the service and sacrifice of those from every generation. From Valley Forge, across Europe and Asia, and in Afghanistan and Iraq, courageous Americans have given their lives so that others could live in freedom. These Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen took an oath to defend America, and they upheld that oath with bravery and decency. They have liberated the oppressed, spread freedom and peace, and set a standard of courage and compassion for our Nation. All who enjoy the blessings of liberty live in their debt.

This debt of gratitude extends also to the families who stood by our servicemen and women in times of war and times of peace. Each of the fallen has left behind loved ones who carry a burden of grief, and all Americans are inspired by the strength of these families.

At this important time in the history of freedom, a new generation of Americans is defending our flag and our liberty. These men and women carry on the legacy of our Nation's fallen heroes and demonstrate that the United States Armed Forces remain the greatest force for freedom in human history.

Those who lost their lives in the defense of freedom helped protect our citizens and lay the foundation of peace for people everywhere. On Memorial Day, a great Nation pays tribute to their personal courage, love of country, and dedication to duty.



In respect for their devotion to America, the Congress, by a joint resolution approved on May 11, 1950, as amended (64 Stat. 158), has requested the President to issue a proclamation calling on the people of the United States to observe each Memorial Day as a day of prayer for permanent peace and designating a period on that day when the people of the United States might unite in prayer. The Congress, by Public Law 106-579, has also designated the minute beginning at 3:00 p.m. local time on that day as a time for all Americans to observe the National

Moment of Remembrance.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim Memorial Day, May 29, 2006, as a day of prayer for permanent peace, and I designate the hour beginning in each locality at 11:00 a.m. of that day as a time to unite in prayer. I also ask all Americans to observe the National Moment of Remembrance beginning at 3 p.m., local time, on Memorial Day. I encourage the media to participate in these observances. I also request the Governors of the United States and the Commonwealth of Puerto Rico, and the appropriate officials of all units of government, to direct that the flag be flown at half staff until noon on this Memorial Day on all buildings, grounds, and naval vessels throughout the United States, and in all areas under its jurisdiction and control. I also request the people of the United States to display the flag at half staff from their homes for the customary forenoon period.

IN WITNESS WHEREOF, I have hereunto set my hand this sixteenth day of May, in the year of our Lord two thousand six, and of the Independence of the United States of America the two hundred and thirtieth.

GEORGE W. BUSH

#### *Tropical Times*

United States Navy Support Facility, Diego Garcia, British Indian Ocean Territory

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Capt. Gil Birklund

#### **Executive Officer**

Cmdr. Mike Harber

#### **Command Master Chief**

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## Alcohol Abuse vs. Alcoholism

Submitted by Branch Health Clinic

Alcohol abuse differs from alcoholism in that it does not include an extremely strong craving for alcohol, loss of control over drinking, or physical dependence. Alcohol abuse is defined as a pattern of drinking that result in one or more of the following situations within a 12-month period:

- Failure to fulfill major work, school, or home responsibilities.
- Drinking in situations that are physically dangerous, such as while driving a car or operating machinery.
- Having recurring alcohol-related legal problems, such as being arrested for driving under the influence of alcohol or for physically hurting someone while drunk.
- Continued drinking despite having ongoing relationship problems that are caused or worsened by the drinking.

Although alcohol abuse is basically different from alcoholism, alcoholics also experience many effects of alcohol abuse.

Alcohol abuse and alcoholism cut across gender, race, and nationality. Nearly 14 million people in the United States (1 in every 13 adults) abuse alcohol or are alcoholic. In general, though, more men than women are alcohol dependent or have alcohol problems. And alcohol problems are highest among young adults ages 18 - 29 and lowest among adults ages 65 and older. We also know that people who start drinking at an early age (for example, at age 14 or younger) greatly increase the chance that they will develop alcohol problems at some point in their lives.

Alcohol's effects do vary with age. Slower reaction times, problems with hearing and seeing, and a lower tolerance to alcohol's effects put older people at higher risk for falls, car crashes, and other types of injuries that may result from drinking. Older people also tend to take more medicines than younger people.

Mixing alcohol with over-the-counter

or prescription medications can be very dangerous, even fatal. More than 150 medications interact harmfully with alcohol.

Alcohol affects women differently than men. Women become more impaired than men do after drinking the same amount of alcohol, even when differences in body weight are taken into account. This is because women's bodies have less water than men's bodies. Because alcohol mixes with body water, a given amount of alcohol becomes more highly concentrated in a woman's body than in a man's. In other words, it would be like dropping the same amount of alcohol into a much smaller pail of water.

That is why the recommended drinking limit for women is lower than for men. In addition, chronic alcohol abuse takes a heavier physical toll on women than on men.

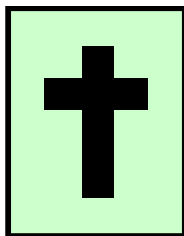
## GALLEY MENU *May 27 - June 2*

<u>Lunch</u>		<u>Dinner</u>	
<b>Saturday</b>	New England Clam Chowder Soup Beef Curried Cubes Hawaiian Baked Duck	Turkey Vegetables Soup Italian Broccoli Pasta Baked Stuffed Pork Chops	
<b>Sunday</b>	<i>"Brunch"</i> Chicken Noodle Soup Minute Steak Ravioli Casserole	Curried Vegetable Soup Szechwan Chicken Creole Fish	
<b>Monday</b>	<i>"Memorial Day" &amp; "Asian Pacific American Heritage Month." See page 16</i>	Chicken Gumbo Soup Chili Macaroni Baked Italian Sausage	
<b>Tuesday</b>	Tomato Bouillon Grilled Pork Chop Broccoli Quiche	Carrot Soup Braised Beef & Noodles Honey Lemon Chicken Breast	
<b>Wednesday</b>	Chicken Noodle Soup Caribbean Flounder Turkey Fajitas / Salsa		<i>"American Night"</i> Corn Chowder Soup St. Louis Style BBQ Ribs Roast Turkey / Chicken
<b>Thursday</b>	Cream of Broccoli Soup Teriyaki Chicken Veal Paprika Steak		Egg Drop Soup Hungarian Goulash Mambo Pork Roast
<b>Friday</b>	Chicken Rice Soup Turkey Curry w/ Condiments Steamship Round of Beef / Au Jus		Split Pea Soup Chicken Fiesta Herbed Baked Fish / Tarter Sauce
<i>Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock, or to permit the timely use of perishable foods.</i>			



# Nice Job Diego Garcia!

Father Shuley  
NSF Chapel of Faith



I just wanted to say to all the great people that I work with every day, from different backgrounds of military service and civilian service, many thanks!

You do a nice job, and I'm proud to serve alongside you.

We are not used to complimenting one another enough in military life. At Boot Camp, or Officer Training, we are being prepared for the responsibilities we will have. The pressure is high and the expectations are clear.

Then we go on to our technical training and later to our permanent commands and during that process we are still competing with one another to be the best, to finish first, to place ahead of everyone else, to stand out against our peers, and the like.

Boot Camp at Parris Island was a private little purgatory for me. I could never seem to be good enough, fast

enough, smart enough, strong enough, motivated enough, squared away enough, etc.

I didn't realize it, but most everyone else felt that way also. We were not in an environment that praised us. We were in an environment that was designed to get the most out of us in the shortest possible time. Then we would go out to our first permanent command, and be ready to take on our technical trade and support the mission.

I got a number of compliments, and my unit got a number of compliments, shortly after I arrived at my first permanent command when I was in the Marines.

It surprised me, because for the previous nine months of Basic Training and MOS school we were just told to get the job done, get it done right, and get it done right the first time.

One of the things it taught me, and one of the things I try to do regularly, is to make sure, like Howard Cosell used to say, "you give credit where credit is due."

Howard Cosell was a legendary broadcaster, who changed the way people learned about sporting events, and the

way the networks and the local affiliates covered sporting events.

He also was responsible for the way sporting events became symbolic, and how sporting events rose above the competition that was taking place in the stadium.

He made it a point to praise the brave competitor who went down to defeat with honor. He quoted famous poets, writers, and songwriters. He taught a whole generation of reporters how to say "nice job" and to mean it.

His interviews with boxing great Muhammad Ali were legendary. He never ducked the tough questions that needed to be asked. He was greatly respected for the grace with which he reported, and the unbiased way in which he called the play by play, or did color commentary.

We could all learn how to say "Nice Job!" to one another and really mean it if we took the example of Howard Cosell. Say what needs to be said, call it like you see it, and give credit where credit is due.

Thanks for your support of our Chapel Programs and all the Community Events that take place in our facilities. Keep up the great work on behalf of our freedom and the great nations we represent.

## Diego Garcia Island Church Services

### The Chapel in the Palms 370-4601

#### ROMAN CATHOLIC

**Confession/Rosary/Novena**  
Saturday 7 p.m.  
Sunday 7:30 a.m.

**Catholic Mass**  
Saturday 7:30 p.m.  
Sunday 8 a.m.  
Monday-Friday 11:30 a.m.

**Choir Rehearsal**  
Thursday 7 p.m.

**Note: Confession is also  
done by appointment.**

ISLAMIC  
Jum'ha

CHURCH OF CHRIST  
**Sunday Worship**  
10 a.m.

### The Chapel in the Palms 370-4601

#### PROTESTANT

**Traditional Protestant Worship**  
Sunday 9 a.m.  
**Sunday Bible Study**  
9:30 a.m.

**Contemporary Protestant Worship**  
Sunday 10:30 a.m.

**Gospel Service**  
Sunday 1:30 p.m.

**Bible Study**  
Tuesday 7 p.m.  
**Bible Study**  
Wednesday 7 p.m.

#### Iglesia ni Cristo

**English Worship Service**  
Thursday 5 a.m.  
**Tagalog Worship Service**  
7:30 p.m.  
**English Worship Service**  
Saturday 7:30 p.m.

### Camp Justice Chapel 370-4959

**Bible Study**  
Tuesday and Thursday 7 p.m.  
**Chapel Movie Night**  
Monday 7 p.m.

**General Protestant Service**  
Sunday 9 a.m.  
**Fellowship Time**  
Sunday 10 a.m.

#### CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

**Sunday Worship**  
1 p.m.

#### Hindu Temple

*Seabreeze Village*  
**Fellowship Service**  
Thursday 7 p.m.

### Sacred Heart of Jesus Chapel 370-2956

**Daily Rosary**  
5:45 p.m.  
**Theological Formation**  
Weekdays 7 p.m.

### Sacred Heart of Jesus Chapel 370-2956

**Evening Mass**  
Weekdays 6 p.m.  
**Saturday Mass**  
5:30 a.m. and 7 p.m.  
**Sunday Mass**  
8 a.m. and 7 p.m.  
**Friday Bible Study**  
7 p.m.

**\*Confession After Mass**  
**Palmville Village Mass**  
Every First Friday 7:30 p.m.  
**Prayer Meeting**  
Wednesday 8 p.m.

#### Christian's Den

**Band Practice**  
Tuesday and Saturday 8 p.m.  
**Tagalog Bible Study**  
Wednesday 7 p.m.  
**Tagalog Fellowship**  
Thursday 7 p.m.  
**Contemporary  
Christian Service**  
Sunday 7 p.m.



## *Command Master Chief's DG Spotlight*



The purpose of the DG Spotlight is to reach out and recognize outstanding enlisted military and civilian personnel of all commands who work on Diego Garcia in support of the island mission. This week's DG Spotlight is focused on personnel serving at the Air Operations and Public Works Department. Bravo Zulu and keep up the great work!

### Air Operations



**Name:** ET3 Trevor Eden  
**Job Title:** Comm Tech / 2b QAE

**What I like about my job:** "It's nice to work in an environment where everyone is out to help each other. Whether working or playing, everyone sticks together and it makes my stay here an even more enjoyable experience."

### Public Works Department



**Name:** Imelda Alquizar (Emy)  
**Job Title:** Administrative Expert

**What I like about my job:** "What I really enjoy is the island itself and the people I work with."

## Antiterrorism: Surveillance Detection (Part 1 of 2)

By MA1(SW) Sanders  
NSF Security Department

### Surveillance Detection Planning Considerations

Surveillance methods include both mobile and fixed personnel and devices. Mobile surveillance means following targets to discern their patterns and routines. Multiple terrorist operatives can be employed to trail targets as they move from place to place. Fixed surveillance occurs when both terrorist personnel and devices stay in one spot to observe the target. A discreet observation point can be established in a house, office, commercial business or parked vehicle. Using both fixed and static surveillance, terrorists can observe buildings, facilities, ships and bases. Terrorists also use various modes of transportation such as buses, trains or boats to approach and observe entry control procedures and the reaction of security forces.

### Detecting Surveillance Activity

Successful surveillance detection requires two things: knowing what to look for and being able to distinguish the ordinary from the extraordinary. In its most basic form, surveillance detection is simply watching for persons observing personnel, ships and installations. All personnel, especially sentries and watch standers, must become familiar with

their surroundings and normal unit operating procedures, then, armed with heightened awareness, be able to detect the slightest changes, any of which may be indicators of surveillance activity.

### Terrorist surveillance activities can include:

1. Multiple sightings of the same suspicious person, vehicle or activity, separated by time, distance or direction.
2. Individuals who stay at bus / train stops for extended periods while buses / trains arrive and depart.
3. Individuals who engage in long conversations on pay or cellular telephones.
4. Individuals who order food at a restaurant and leave before the food arrives or who order without eating.
5. Joggers who stand and stretch for an inordinate amount of time.
6. Individuals who sit in a parked car for an extended period of time.
7. Individuals wearing improper attire for the location (or season) who do not fit into the surrounding environment.
8. Individuals who draw pictures / take notes or photographs in an area not normally of interest to a standard tourist, showing interest in security cameras, guard locations or noticeably watching security reaction drills and procedures.

9. Individuals who exhibit unusual behavior such as staring or quickly looking away from individuals or vehicles as they enter or leave designated facilities or parking areas.
10. False phone threats, individuals who approach security checkpoints to ask for directions or "innocently" attempt to smuggle non-lethal contraband through checkpoints in order to determine the effectiveness of search procedures and to gauge the alertness and reaction of security personnel.
11. Vehicle breakdowns on or near the base or gates.
12. Vehicles with an excessive number of antennas (possibly indicating two-way radios).
13. Personnel or vehicles performing evasive movements.
14. A dirty vehicle with a clean license plate or vice versa, indicating a recent change.

## AA MEETINGS

BEQ 17

First Deck Lounge  
Sundays, Wednesdays  
& Fridays  
7 p.m.

Alcoholics Anonymous is about  
people learning to live life sober  
through sharing each others'  
experiences.

## Ship's Store Corner

### Refunds

The Ship's Policy on refunds is only for manufacturer defects. You must provide a receipt, original box in good condition and all items that came with the product.

### Ship Store Closure

The Ship Store will be closed for the end of accounting period inventory on May 30th and May 31st. Please plan your shopping accordingly

### SHOPPING CARTS

Customers are authorized to use carts to transport groceries from the Ship's Store to place of residence. We would greatly appreciate that you return them to the store.



## Entertainment this Week

MWR Presents:

### "Moments Band"

Friday, May 26, Island Room, 8 p.m. - 1 a.m.

### "DJ Jasper (80's Music) "

Friday, May 26, Camp Justice, 8 p.m. - 12 a.m.

### "Moments Band"

Saturday, May 27, Island Room, 8 p.m. - 1 a.m.

## MWR events this Week

### Saturday, May 27

Tour De Diego  
Jake's Place  
Showtime: 7 a.m.  
Starts: 7:30 a.m.

### Sunday, May 28

MWR Sailing Regatta  
Marina  
Skippers Meeting: 12:30 p.m.  
Starts: 1300

### Saturday, May 27

Sunday, May 28  
6-A Side Soccer Tournament  
Fleet Recreation Area  
5 p.m.

### Monday, May 29

Table Tennis Tournament  
Fitness Center  
1 p.m.

### Sunday, May 28

Skeet Shoot  
Skeet Range  
8 a.m.

### Wednesday, May 31

2 Person Relay Run  
Fitness Center  
6 p.m.

## Main Outdoor Theater

Friday at 8 p.m. -	Rebound
Friday at 10 p.m. -	Sky High
Saturday at 8 p.m. -	Sky High
Saturday at 10 p.m. -	Underworld: Evolution
Sunday at 8 p.m. -	Underworld: Evolution
Monday at 8 p.m. -	Feverpitch
Tuesday at 8 p.m. -	Check MOT Marquee
Wednesday at 8 p.m. -	Check MOT Marquee
Thursday at 8 p.m. -	Chicken Little

## Officers Club

Tuesday at 7:30 p.m. -	Memoirs Of A Geisha
Thursday at 7:30 p.m. -	Feverpitch

## CPO Club

Saturday at 7 p.m. -	Bridget Jones: Edge Of Reason
Saturday at 9 p.m. -	In Good Company
Tuesday at 7:30 p.m. -	Chicken Little
Wednesday at 7:30 p.m. -	Casanova
Thursday at 7:30 p.m. -	Memoirs Of A Geisha

Each movie that plays at the M.O.T. will be replayed the following morning at 11 a.m. in the Turner Club.  
\*Note: Movies are subject to change!

## Liberty Center

Friday at 7 p.m. -	Wedding Crasher
Saturday at 7 p.m. -	Undiscovered
Sunday at 7 p.m. -	Charlie & the Chocolate Factory
Monday at 7 p.m. -	Stealth
Tuesday at 7 p.m. -	Bridget Jones: Edge Of Reason
Wednesday at 7 p.m. -	Chicken Little
Thursday at 7 p.m. -	Casanova

## NBA & NHL

### **NBA Playoffs (May 26 & 27)**

#### NBA Conference Finals

Teams TBD (Live) Friday 6 a.m. AFN SPORTS

#### NBA Conference Finals

Teams TBD (Tape) Friday 5:30 p.m. AFN SPORTS

#### NBA Conference Finals

Teams TBD (Live) Saturday 6 a.m. AFN SPORTS

#### NBA Conference Finals:

Teams TBD (Live) Saturday 5:30 p.m. AFN SPORTS

### **NHL Playoffs (May 26 - 28)**

#### Conference Final: Game 4

Ducks at Oilers (Taped) Friday 1 p.m. AFN SPORTS

#### Conference Final: Game 4

Hurricanes at Sabres (Tape) Saturday 1 p.m. AFN SPORTS

#### Conference Final: Game 5 (if necessary)

Oilers at Ducks (Tape) Sunday 1 p.m. AFN SPORTS

## Various Sports

All games are subject to change.  
For more information log on to:  
[www.myafn.net](http://www.myafn.net).

### **NASCAR (May 29)**

Nextel Series Cup, (Tape) Monday,  
1 p.m. AFN SPORTS

### **Boxing (May 28 )**

World Championship Boxing: 12 Rounds

Gonzalez vs Montiel (Tape) Sunday, 5:30 p.m. AFN SPORTS

### **MLB (May 27, 28, 29, 30 )**

Braves at Cubs , (Live) Saturday, 12 a.m. AFN SPORTS

Cardinals at Padres, (Live) Sunday, 2 a.m. AFN SPORT

Rockies at Giants, (Live) Monday, 2:30 a.m. AFN SPORTS

Athletics at Rangers, (Tape) Monday, 7:30 p.m. AFN SPORTS

Yankees at Tigers, (Live) Sunday, 5 a.m. AFN SPORTS

Astros at Cardinals, (Live) Tuesday, 2 a.m. AFN SPORTS

## Return & Reunion Workshop

Reunion is an exciting event, but, like separation, it requires making adjustments. You can help make the adjustments easier by considering some of the following things...

**WHAT:** Return and Reunion workshops cover various topics such as reuniting couples, new parenthood, returning to children, single Sailor, Airmen support, and money management.

**WHERE:** Available through the Fleet and Family Support Office, Classes will held at Chapel Annex/Fellowship Hall.

**WHEN:** Classes will be held the first Tuesday of the month from 10 - 11:30 a.m. The next class will be June 6, 2006.

**WHY:** Because dealing with deployment and being permanent party

stationed at DG is difficult - but less so if you know what to expect. It will help Sailors, Airmen and their families anticipate the physical and emotional demands associated with deployment and returning home.

**WHO:** All active duty are welcome to attend. Personnel should contact Lt. Marlo Narro to sign up for class attendance.

**NSFDG active duty will be required to attend within the last two months of tour.**

NSFDG active duty personnel who are listed for transfer in June and July will receive an email requesting them to sign up for attendance to this class. Department Heads and Supervisors will support all who need to attend.

An Educational Counselor will be available June 7, 8, 9, 12, 13 to assist in your educational questions. If you want to discuss your educational goals, transcripts, major, schools, etc. Call RPSN Carel at 370-4601 to schedule your half hour educational counseling session. Counseling will take place in the Navy College Office.



## U.S. Navy Support Facility Diego Garcia

*Meeting Your Needs. At Home. At Sea.*



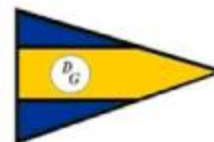
## UNITED THROUGH READING

In coordination with the Naval Media Center, the United Through Reading program is offered every Tuesday, 10 a.m. at the Liberty Center.

Read a book to your child on tape and send it home. The VHS tape is provided free of charge.

Please contact the NSF Chapel for more information by calling 370-4601.

The DG  
Yacht Club



welcomes  
new members! No prior  
sailing experience necessary!  
Meetings are held on the first  
Wednesday of every month at  
5 p.m. Come by for food and  
fun!



The concept of Smart Web Move (SWM) is to enhance the life of the service member. When a service member needs to perform a household goods move, instead of physically going to a Personal Property Office, the service member can simply use a web-enabled computer to access SWM. Utilizing this system will eliminate the need for a service member to spend substantial time at the PPO setting up their move with a counselor. Using SWM generally takes less than an hour, making the move a more convenient experience for our service members. You might think you don't need this option stationed here on Diego Garcia, but you'd be wrong. Personal Property is equipped and ready to handle your online applications to make your transfer from Diego Garcia go as smoothly as possible, and to ensure that your HHG get to your new duty station.

Any military member can use this address:  
<https://www.smartwebmove.navsap.navy.mil>.





## Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

### Suit

Nautical term, dating from at least the early 1600s, meaning the outfit of sails used by a ship. The term was revived after World War II, when a Navy ship's complement of electronics could be referred to as its electronics suit, and its total armament might be called its weapons suit.



"Lourdes Jumaquio puts some finishing touches on a model Blue Angels' aircraft." The DG Modeler's Club meets every Sunday beginning at 2 p.m. in the Chapel's Fellowship Hall. Everything needed to build a model including the model itself is provided free of charge. SK1 Ronald Bayani of MSC is the military point of contact.

Want to share your favorite photo or two with the Island Team? Submit your photos with some information about the photo to JO1 Margallis at [margallisd@dg.navy.mil](mailto:margallisd@dg.navy.mil). Photo credit will be given if published in the Tropical Times.

## This Week in Naval History

Source: Naval Historical Center

**May 26, 1952** - Tests from 26-29 May demonstrate feasibility of the angled-deck concept conducted on simulated angled deck on USS Midway.

**May 27, 1919** - Navy NC-4 completes trans-Atlantic flight from Newfoundland to Lisbon, Portugal.

**May 28, 1917** - First underway fueling in U.S. Navy, USS Maumee fuels 6 destroyers in North Atlantic. LCDR Chester W. Nimitz served as Maumee's executive officer and chief engineer.

**May 29, 1781** - Frigate Alliance captures HMS Atalanta and Trepassy off Nova Scotia.

**May 30, 1814** - Navy gunboats capture three British boats on Lake Ontario near Sandy Creek, NY.

**May 31, 1900** - Sailors and Marines from USS



Newark and USS Oregon arrive at Peking, China with other Sailors and Marines from Britain, France, Russia, Italy and Japan to protect U.S. and foreign diplomatic legations from the Boxers.

**June 1, 1813** - HMS Shannon captures USS Chesapeake, Capt. James Lawrence. As the mortally wounded Captain Lawrence was carried below, he ordered "Tell the men to fire faster! Don't give up the ship!" These words would live on in naval history. Oliver Hazard Perry honored his dead friend Lawrence when he had the motto sewn onto the private battle flag flown during the Battle of Lake Erie, 10 September 1813.

**June 2, 1941** - First aircraft escort vessel, USS Long Island (ACG-1), commissioned, then reclassified as an auxiliary aircraft carrier (AVC-1) on 20 August and finally reclassified as an escort carrier (CVE-1) in July 1943.

## Tide Report May 27 - June 2

	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Saturday	1:36 a.m.	7:57 a.m.	2:10 p.m.	8:12 p.m.
Sunday	2:15 a.m.	8:34 a.m.	2:46 p.m.	8:47 p.m.
Monday	2:52 a.m.	9:08 a.m.	3:20 p.m.	9:20 p.m.
Tuesday	3:28 a.m.	9:42 a.m.	3:54 p.m.	9:55 p.m.
Wednesday	4:04 a.m.	10:16 a.m.	4:30 p.m.	10:32 p.m.
Thursday	4:42 a.m.	10:54 a.m.	5:12 p.m.	11:15 p.m.
Friday	5:26 a.m.	11:34 a.m.	6:03 p.m.	-----

## Drinking Water Notice

This is to inform the public that the water from the tap (distribution water faucets) exceeds the maximum contaminant level requirements for TRIHALOMETHANE and is therefore strictly NOT SUITABLE FOR DRINKING PURPOSES.

Drinking Water (Potable Water) is regularly distributed in: white water tanks situated close to your barracks, 5-gallon bottled water coolers in offices and other areas, and hydro-pneumatic tanks located in all clubs and dining facilities.

For more information, please call the NSF Environmental Office at 370-4540.

# D G Celebrates Merchant Mariners Day

By JOSN Elliott Fabrizio

*NMC Det Diego Garcia*

People from all over Diego Garcia came together with the merchant seamen last Saturday to celebrate the 74th National Merchant Mariners Day at the Seaman's Center. The celebration began with speeches from various members of Diego Garcia's merchant marines and sailors.

Ensign Ben P. Metcalf of Diego Garcia's military sealift command said, "As we celebrate Merchant Mariners Day and the 70th anniversary of the merchant marine act, we pay tribute to the mariners and their faithful service to our country."

As he read the citation, the mariners in the crowd collectively grunted "arr" at points that highlighted the past and present bravery of the merchant marines.

The phrase "arr" is a tradition the merchant mariners hold as dear as the Navy's tradition of the word "aye", said Brian E. Kelly, chief engineer aboard the merchant vessel Phillips.

"The first ship I was on, that's what they'd say," said Kelly. "I think we say it in lieu of not knowing what else to say. Instead of aye we say arr."

Typically on National Merchant Mariners day, a wreath set out to sea in honor of the seaman who died

serving to aid the war efforts of the United States. During World War II, there were approximately 9,500 merchant marine casualties.

The Merchant Marine is a fleet of ships that carry imports and exports during peacetime, and become a naval auxiliary force during wartime to deliver troops and war material.

Many of Diego Garcia's merchant mariners work to aid the global war on terrorism. "The main job of the ships here is to carry ammunition and supplies out for the troops in Iraq," said Todd G. Langdon, center director of the Seaman's Center.

The Merchant Marine was nationalized during World War II. During the war, merchant mariners and Navy personnel worked side by side to get cargo and troops through hostile waters to needed areas.

According to the Merchant Marine act of 1936, "It is necessary for the national defense... that the United States shall have a merchant marine of the best equipped and most suitable types of vessels sufficient to carry the greater portion of its commerce and serve as a naval or military auxiliary in time of war or national emergency..."

Saturday's celebration served to honor what the merchant marines have done for the nation and what they're still doing to serve the U.S.



*Local Mariners enjoy the free buffet provided by the Seaman's Center and the Military Sealift Command.*



*Ensign Ben Metcalf reads the presidential citation to Diego Garcia's Merchant Mariners.*

NAVY / MARINE CORPS

**ENERGY  
EFFICIENCY**

## Energy Conservation Note

**"Is your room or office space too cold, then call this number: 112 (Trouble Desk) or 370-4525 (EN1 Campano, Energy Conservation Coordinator)."**





**LEAGUE STANDING SHEET**  
Results for Week No. 18 of 23 05/20/2006  
**DIEGO GARCIA MIXED LEAGUE 2006 - SEASON 3**



Pos	Tm#	Team	-----Handicap-----					
			Won	Lost	Pct	TotPins	Ave	Gm Ser
1	18	COOL RAVEN	104.0	40.0	72.2	37593	696	826 2237
2	5	DET WON	103.0	41.0	71.5	37920	702	840 2290
3	7	HARBOR OOPS	97.0	47.0	67.4	37952	702	821 2258
4	11	SPACE BALLS	88.0	56.0	61.1	37356	691	789 2223
5	10	STEW BURNERS	87.0	57.0	60.4	37331	691	830 2286
6	15	USS CENTER	85.0	59.0	59.0	37290	690	780 2258
7	4	PORT OPS SHERIFFS	84.0	60.0	58.3	36943	684	774 2230
8	16	RULES OF ENGAGEMENT	83.0	61.0	57.6	36186	670	803 2257
9	12	GUTTER DUSTERS	82.0	62.0	56.9	37550	695	789 2326
10	17	UNFORGIVEN	78.0	66.0	54.2	36686	679	775 2271
11	13	OCEA 1	74.0	70.0	51.4	37322	691	786 2174
12	1	SCRUBS	74.0	70.0	51.4	35957	665	751 2155
13	14	P.A.T.	72.0	72.0	50.0	37462	693	803 2285
14	22	OCEA 3	71.0	73.0	49.3	36651	678	765 2192
15	20	PSN	71.0	73.0	49.3	33663	660	745 2118
16	21	LUCKY STRIKES	69.0	75.0	47.9	30539	678	764 2224
17	8	TURTLES	66.0	78.0	45.8	33332	653	750 2119
18	6	C&W ALL STARS	62.0	82.0	43.1	36779	681	802 2185
19	9	SOCKS MANDATORY	52.0	92.0	36.1	31957	665	786 2163
20	2	THE OLDIES	44.0	100.0	30.6	25668	658	753 2096
21	3	GHOST ONE	0.0	0.0	0.0			
22	19	GHOST TWO	0.0	0.0	0.0			

## MWR Golf Tournament

*Tournament held May 21*

### Low Gross Male

- 1st** - Mario Menor (DG21) 29  
**2nd** - Ron Dizon (DG21) 33  
**3rd** - Dennis Tagamori (AFSPC) 34

### Low Gross Female

- 1st** - Dory Viernes (DG21) 47  
**2nd** - Jamie Rainwater (NMCB 4) 67

### Low Net Male

- 1st** - Richard Campbell (PWD) 28  
**2nd** - JR Deperalta (PWD) 29

**3rd** - Mike Elliot (NSF) 29

### Low Net Female

**1st** - Angie Custodio (SJC) 37

### Closest to the Pin (Male & Female)

Mike Elliot (NSF)  
 Jamie Rainwater (NMCB 4)

### Longest Drive (Male & Female)

Dennis Tagamori (AFPSC)  
 Jamie Rainwater (NMCB 4)

## Bowling Tournament

*Tournament held May 21*

### Male Division

- 1st** - Orly Encarnacion (NSF)  
**2nd** - Lou Trembly (PACAF)  
**3rd** - John Schmierer (NMC)

### Female Division

- 1st** - Beth del Pilar (PACAF)  
**2nd** - Emy Alquizar (PWD)  
**3rd** - Lydia Domingo (BHC)



## Donkey Gate & Back Bike Ride

*Event held May 20*

### Overall Finisher (Male & Female)

Joe dela Paz (DG21) 00:59:34

Shannon Murray (BHC) 01:19:15



## Bench Press Competition

*Event held May 18*

### Female Division Middleweight

1st - Janet Bennet (PWD)

### Male Division Lightweight

1st - Arnold Sarmiento (DG21)

2nd - Jerome Regadio (BHC)

3rd - Dwight Sarmiento (DG21)

### Male Division Middleweight

1st - Sam Guitard (NSF)

2nd - Ben Sustrina (DG21)

3rd - JD Pittman (28 EARS)

### Male Division Heavyweight

1st - Edmond Gregorio (DG21)

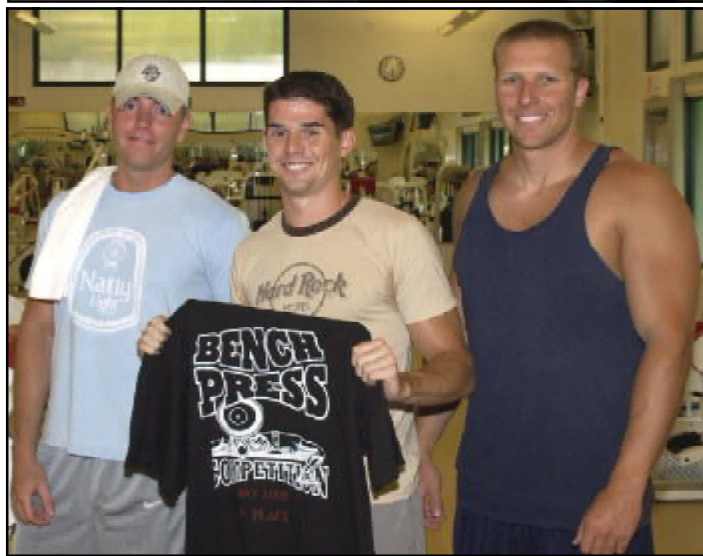
2nd - Ricardo Abadilla (DG21)

### Super Heavyweight

1st - Joseph Jacob (DG21)

2nd - Tim Clark (Det 1)

3rd - Broc Starett (28 EARS)



## NMC Det DG to get More “User Friendly”

JOC(SW/AW) W. Scott Mishley

*Officer-in-Charge, NMC Det Diego Garcia*

It's impossible to please ALL the people ALL the time, but Naval Media Center Det Diego Garcia can certainly make you happy if you know when and where to tune in for your favorite types of television and radio programming. And to increase the odds of providing the DG audience with what it wants to see and hear on local TV and radio, we're conducting an island-wide survey.

The survey will be available starting one week from today, through The Tropical Times, sent out via e-mail, published in the Camp Justice Times, and also in-person as Naval Media Center Sailors travel about the island asking for your input. Audience input will be gathered over the next three or four weeks, then the NMC Staff will compile the results and begin promoting and implementing any and all programming changes.

With three radio signals (99.1 & 101.9FM and AM 1485), we have a great opportunity here to provide an optimal blend of music, news and sports programming at any single time of day. So it's really just a matter of finding out exactly what you want and when you want it available for us to become more user-friendly. That's why this survey is crucial.

It is important to understand the survey is not just a tool to request particular changes in current programming. If you're satisfied with how we are doing things right now, we want to know that also. That information is needed in order for us to enhance what is already working well. If all we receive are requests for change, and you like things the way they are, then you'll have missed the boat and might lose some programming you currently enjoy. Basically... every vote counts when we compile the survey results. And that applies to both the positive and the negative feedback we receive.

The survey is not just for radio. Feedback on local AFN Television programming (Channels 8, 10, 12) is also an important part of the survey. Survey responses are not the only avenue we're looking at to improve television programming on-island: Construction plans are in the works to add a fourth television

signal over-the-air, which will provide a little more variety for everyone who receives our signals from an antenna... which includes all the merchant vessels.

In addition to a range of music and TV formats, NMC Det DG is here to provide the community a variety of news and information programming. From local to military to world events, you can tune in to keep yourself up-to-speed on what's happening around the globe. If there is specific news you want us to provide, please let us know in the comments section of the survey: Topics can range from the latest weather update at seven degrees below the equator to the next Free T-Shirt event on-island, to what's making headlines back in your home state.

Remember, if you have an event, operation or item of interest that may be newsworthy to the DG community, or an even larger audience (in the Pacific Theater, military-wide, or stateside) feel free to contact NMC Det DG so we can get your story the air time it deserves.

A few changes, and some upcoming additions, have already been in the works to boost the content of local programming even before the survey hits the streets next week: The POWER 99 Morning Mix (weekdays from 6 – 9) recently doubled its manning as DJ Mikey Dubbz joined Don Fabrizio on the mic to bring you the best music from the 90's to now; CMDCM(SW) Brad Renollet, NSF Command Master Chief, now visits the Retro Café every Monday morning just after 9 a.m. to talk live on the air with JO3 Dave Reynolds about the latest issues affecting Sailors on DG; Increased television coverage of Island sports on TV Channel 8 keeps everyone in-the-know on league games and special events; And for the Airmen of the 40<sup>th</sup> Air Expeditionary Group, plans are being developed to create a weekly radio program on POWER 99 geared directly to issues affecting U.S. Air Force personnel, both here and abroad (remember Air Force, your input is also important for the survey).

Whether it's TV or Radio, News or Entertainment, our only limitation is imagination – and we at NMC Det DG want to know *your* ideas when it comes to what we provide. We may be the ones behind the cameras and the microphones, but the services are *yours*, so let your vote count and fill out the survey!



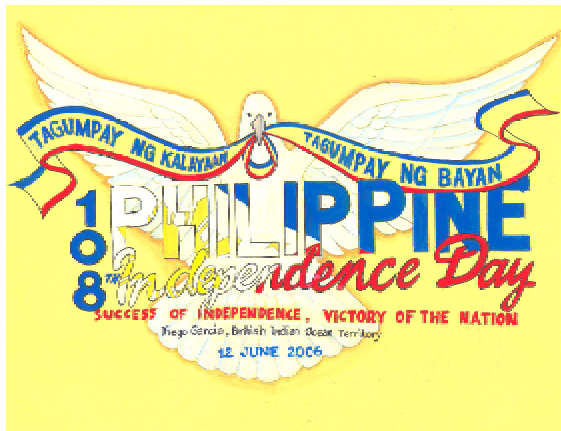
The DG Astronomical Society caters to the astronomy interests of our island community. The purpose of this club is to establish a common interest association for amateur astronomers and encourage non-amateur astronomers to observe the universe, to educate the general public about the universe around us, to provide an educational and intellectual avenue for all people, while bringing diverse astronomical experiences together for mutual benefit, and lastly to promote events and establish a friendship with all island residents.

If you are interested in becoming a member, show up at the next meeting or Star Party, or contact Bruce Bookout, at 370-2026 ext. 219 or via e-mail at [bruce.bookout.ctr@diego.af.mil](mailto:bruce.bookout.ctr@diego.af.mil).

**The next Star Party is on Friday, May 26 at sunset.**

**Location: Camp Justice Pier**

Everyone is invited to explore the night skies.



## 108<sup>th</sup> Philippine Independence Day Celebration Schedule of Activities

### Ms. Philippines (Bb. Pilipinas) – Diego Garcia 2006

#### Final Canvassing(Raffle Drawing)

27 May 2006 (Saturday); 8:00 PM

FILMAU Club

### Ms. Philippines (Bb. Pilipinas)-Diego Garcia 2006 Coronation Night

03 June 2006 (Saturday); 8:30 PM

Island Room

#### Philippine Cultural Night Show

09 June 2006 (Friday); 8:30 PM

Island Room

### Philippine Independence Day Parade

10 June 2006 (Saturday)

✓ Parade of Floats and Foot Demonstration - 9:00 AM  
(from Fitness Center to Fleet Rec Area)

✓ Island Wide Picnic - 11:00 AM to 2:00 PM

✓ Games and Entertainment- 12:00 AM to 4:00 PM

**Special Concert – 7:30 P.M. T- Shed**

**All Activities are Open to All Hands**



## Power 99 (call x3699 to place a request during live shows) to Monday – Friday

Midnight - 3 a.m.	URBAN/R&B
3 a.m. - 6 a.m.	Z-ROCK
6 a.m. - 9 a.m.	<b>Morning Mix w/ Don Fabrizio &amp; DJ Mikey Dubs</b> (Variety of 90s to Present) LIVE
9 a.m. - Noon	<b>Retro Café' w/ Dave Reynolds</b> (Classic Hits... and More) LIVE
Noon - 3 p.m.	<b>Afternoon Mix w/ Nick Lingo</b> (Variety of 90s to Present) LIVE
3 p.m. - 6 p.m.	URBAN/R&B
6 p.m. - 9 p.m.	ADULT/CLASSIC ROCK
9 p.m. - 11:59 p.m.	ADULT CONTEMPORARY

## Saturday

Midnight - 3 a.m.	URBAN/R&B
3 a.m. - 6 a.m.	OLDIES
6 a.m. - 8 a.m.	COUNTRY
8 a.m. - 10 a.m.	ADULT CONTEMPORARY
1000 a.m. - Noon	<b>Metal Mornings w/ Cameron (LIVE)</b>
Noon - 3 p.m.	Z-ROCK
3 p.m. - 6 p.m.	URBAN/R&B
5 p.m. - 10 p.m.	ADULT CONTEMPORARY
10 p.m. - 1159 p.m.	ADULT/CLASSIC ROCK

## Sunday

Midnight - 3 a.m.	COUNTRY
3 a.m. - 6 a.m.	OLDIES
6 a.m. - 9 a.m.	Z-ROCK
9 a.m. - Noon	ADULT CONTEMPORARY
Noon - 3 p.m.	<b>Jazz Brunch w/ Effrem Williams (Live)</b>
3 p.m. - 5 p.m.	ADULT/CLASSIC ROCK
6 p.m. - 9 p.m.	URBAN/R&B
9 - 11:59 p.m.	CLASSIC

## 101.9FM Monday-Friday

Midnight - 3 a.m.	ADULT CONTEMPORARY
3 a.m. - 6 a.m.	OLDIES
6 a.m. - 9 a.m.	COUNTRY
9 a.m. - Noon	Z-ROCK
Noon - 3 p.m.	URBAN/R&B
3 p.m. - 6 p.m.	ADULT/CLASSIC ROCK
6 p.m. - 9 p.m.	ADULT CONTEMPORARY
9 p.m. - 11:59 p.m.	COUNTRY

## Saturday

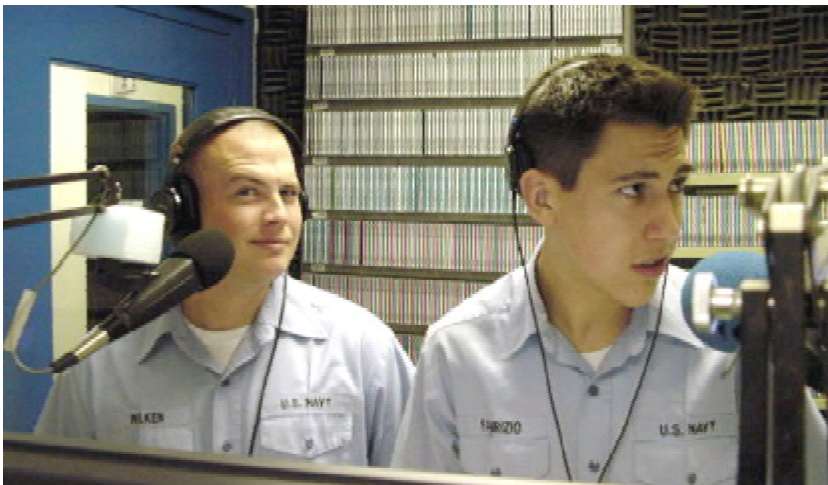
Midnight - 3 a.m.	OLDIES
3 a.m. - 6 a.m.	URBAN/R&B
6 a.m. - 8 a.m.	ADULT CONTEMPORARY
8 a.m. - 10 a.m.	Z-ROCK
10 a.m. - Noon	COUNTRY
Noon - 3 p.m.	URBAN/R&B
3 p.m. - 6 p.m.	BRIGHTAC
6 p.m. - 9 p.m.	ADULT/CLASSIC ROCK
9 p.m. - 11:59 p.m.	COUNTRY

## Sunday

Midnight - 3 a.m.	CLASSIC
3 a.m. - 6 a.m.	URBAN/R&B
6 a.m. - 9 a.m.	ADULT/CLASSIC ROCK
9 a.m. - Noon	COUNTRY
Noon - 3 p.m.	ADULT CONTEMPORARY
3 p.m. - 5 p.m.	URBAN/R&B
7 p.m. - 10 p.m.	Z-ROCK
	ADULT CONTEMPORARY

## AM 1485

News, Sports Events and Talk Shows programming 24 hours a day, every day.



*“DJ Mikey Dubs” and “Don Fabrizio” recently began co-hosting POWER 99’s Morning Mix. Tune in to 99.1 FM weekdays from 6 to 9 a.m. to hear them play the best music ‘from the 90’s to now’ and put out the latest information about what’s happening on Diego Garcia. POWER 99 DJs host live radio shows, and take your requests, every weekday from 6 a.m. to 3 p.m., Saturdays from 10 a.m. to noon, and Sunday’s from noon to 3 p.m. (U.S. Navy Photo by JO2 Nick Lingo)*

*CDF GALLEY*  
*Celebrating*  
**"MEMORIAL DAY"**  
**& "ASIAN PACIFIC AMERICAN**  
**HERITAGE MONTH"**  
**SPECIAL LUNCH MEAL**  
**MONDAY, 29 MAY 2006**  
**1100 - 1300 HOURS**



**MENU**

**FRENCH ONION SOUP**

**CHARBROILED STEAK**  
**W/ SAUTEED MUSHROOMS & ONIONS**

**ALASKAN KING CRAB LEGS**  
**W/ DRAWN BUTTER**  
**& SEAFOOD COCKTAIL SAUCE**

**BAKED POTATOES W/ SOUR CREAM**  
**STEAMED "JASMINE" RICE**  
**CORN ON-THE-COB**  
**STEAMED BROCCOLI**

**CLOVERLEAF ROLLS / CORN BREAD**  
**FRUITED COTTAGE CHEESE / FRUIT MEDLEY**  
**CARROT CAKE / PECAN PIE / CHEESECAKE**  
**SALAD BAR**